

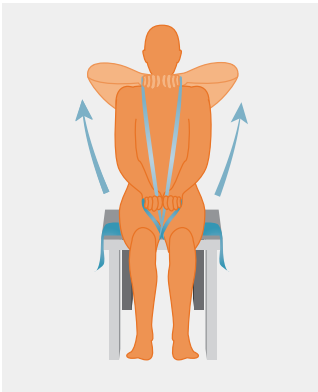


**SETS: 2**

**REPS: 10**

**REST: 30sec**

**4X PER WEEK**



## Upright Row

- Sit with one end of the band firmly under each thigh, and a loop up in the middle.
- Grab the loop with your palms facing down.
- Slowly pull the band along your body up to your chin.
- If the resistance is too high, free more of the band up from under your leg.

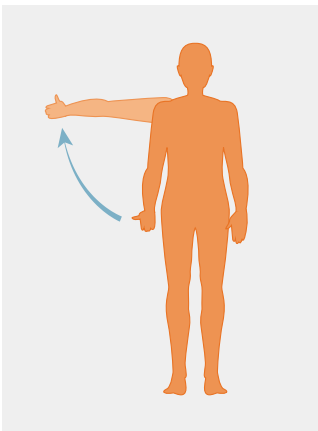
**SETS: 2**

**REPS: 10**

**HOLD: 4-10sec**

**REST: 30sec**

**4X PER WEEK**



## Scaption

- Standing, bring one arm 30° in front of the body and turn your thumb upwards.
- Raise your arm up to shoulder level, keeping arm straight.
- Stand tall and keep your shoulder blade down and back throughout motion.
- Hold, return to start position and repeat.

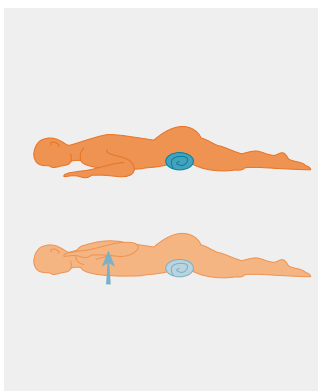
**SETS: 2**

**REPS: 10**

**HOLD: 4-10sec**

**REST: 30sec**

**4X PER WEEK**



## Scap. Retract. Prone 90/90

- Lying on your stomach, place a towel under your pelvis.
- Place arms out to the sides with your elbows bent 90°.
- Raise your arms up off the floor, squeezing between the shoulder blades.
- Avoid shrugging your shoulders.

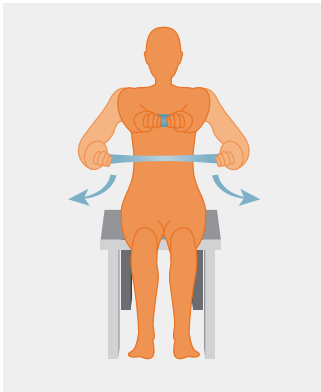


**SETS: 2**

**REPS: 10**

**REST: 30sec**

**4X PER WEEK**



## Seated Row

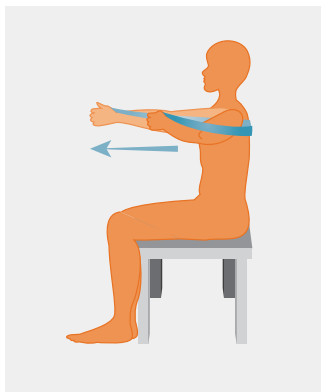
- Sit, holding the band at chest level in front of you.
- Keep elbows slightly bent, underhand grip, with hands close together.
- Pull your hands apart bringing the band toward your stomach.
- Hug your body with your elbows as you bring your arms back.
- Again, the key is to squeeze through your mid back.

**SETS: 2**

**REPS: 10**

**REST: 30sec**

**4X PER WEEK**



## Serratus Punch — Bilat

- Wrap the tubing around your back and hold it straight out in front with your palms down and your elbows slightly bent.
- Straighten your elbows and reach straight forward (protraction) pulling the tubing.
- Repeat.